





# Heritage Hills Society Information

Address .....8 Heritage Hills, Somers, New York 10589  
Website.....www.hhsociety.org  
Television .....Channel 21

## CONTACT INFORMATION – EMAIL

Society .....society@hhsociety.org  
Activities Office.....activities@hhsociety.org

## CONTACT INFORMATION – TELEPHONE

Security ..... 914-276-2592      Bus..... 914-276-2877  
Society Office ..... 914-276-2908      Library..... 914-276-7655  
Activities Office..... 914-276-2636      Fitness Center ..... 914-669-5028

## EMERGENCIES      9-1-1

## Hours of Operation

### Activities Center

**Building** .....9 am to 11 pm  
**Activities Office**.....9 am to 5 pm  
**Society Office**.....9 am to 1 pm  
**Fine Arts Center** .....Group instruction and free time are scheduled by the Activities Office at 914-276-2908  
**Library** .....Monday thru Friday 10 am to 3 pm  
Saturday 10 am to 1 pm  
**Fitness Center & Gym**...Daily 4 am to 11 pm  
**Lake Lodge**.....9 am to 11 pm  
**Meadowlark Park** .....Dawn to Dusk  
**Park Place** .....Dawn to Dusk

### Bus Service – Weekdays Only (except holidays) – 914-276-2877

#### Goldens Bridge MetroNorth Station Trips

Morning to/from: (out only) 5:15, 5:45, 6:45, and 7:45 – **Reservation Required**  
Evening **PICK-UPS ONLY**: 4:45, 5:35, 6:35, 7:35 and 8:35 – **No Reservation**

#### Midday Trips – Reservations Required

To/From Activities Center, Lake Lodge, Meadowlark Park, and off site, including Goldens Bridge MetroNorth Station

**Outbound**, hourly 8:45 am to 12:45 pm

**Inbound**, hourly 9:10 am to 1:45 pm (last train station pick up 12:45 pm)

To/From Pools 2 thru 5 / Tennis areas

**To**: 8:45 am (pool 4), hourly, 9:45 am to 1:45 pm

**From**: Hourly from 9:10 am to 2:10 pm

## UTILITIES CONTACT INFORMATION

**Comcast** ..... 800-934-6489  
**ConEd** ..... 800-752-6633

**NYSEG**..... 800-572-1131  
**Verizon** ..... 800-922-0204

**Water/Sewer (Veolia)**..... 877-426-8969

## SERVICES FOR SENIORS

### TOWN OF SOMERS SENIOR SERVICES - 914-232-0807

Barbara Taberer, Director

#### Hot Lunch

- At Van Tassel House – **Free Transportation Available**  
Monday thru Friday at noon
- Delivered to home-bound, Monday thru Friday  
Meals leave Van Tassel House for delivery starting at 11:30 am  
Suggested contribution: **\$3** per meal

#### Medical Appointments - Transportation Available

Tuesday thru Thursday, 10 am to 3 pm  
Suggested round-trip donation: **\$10**

#### Shopping Trips by Bus

Monday and Fridays at 10 am  
Suggested round-trip donation: **\$2**

### OTHER SENIOR SERVICES

#### RideConnect - 914-242-7433

Transportation services seven days a week. Call to register.

#### Medicare - 800-633-4227 and [medicare.gov](http://medicare.gov)

#### Medicare Rights Center – 800-333-4114

#### EPIC - 800-332-3742

New York State Senior Prescription Reduction

#### Westchester County Senior Programs and Services - 914-813-6300

Referral agency for senior services including legal - 914-949-1305  
Social Services: 914-995-5889

## SERVICES FOR ALL AGES, INCLUDING SENIORS

**AA** - 914-949-1200. Info and literature National Council on Alcoholism

**Adult Protection Services Intake** - Natalie Siler 914-995-2259.

**Cancer Care** - 800-ACS-2345

**Northern Westchester Hospital** - 914-242-8115

**Putnam Hospital** - 845-279-5711

**The Dominican Sisters** - Family Health Service 914-941-1654  
Long- and short-term registered nurses.

**Hospice** - 914-666-4228 - Visiting Nurse Association State-certified program providing home health care and emotional support for terminally ill patients and their families

**Project Time Out / Jewish Community Services** - 914-761-0600 - Provides in-home respite services matching families with trained sitters/companions.  
Contact Judy Fink, Coordinator, ext. 340; Carol Kobroff, Respite Specialist, ext. 310

#### Transportation for Cancer Treatments (free):

American Cancer Society Road to Recovery program. 800-227-2345

**Transportation for Disabled Residents** - County Office of Transportation 914-813-7777

**Para-Transit** - 914-995-7272 provides modified vans with ramp for curb-to curb service. Fare \$5 each way. Medical pre-authorization required. For eligibility call 914-995-2960.

#### Private Ambulette Services

Superior Brewster 845-278-6992  
CLC Trans 914-241-0112

#### Ambulance: Westchester EMS 866-666-9367. Accepts Medicare.

Westchester County Office for the Disabled, includes hearing-defect

#### Lighthouse Inc. - New York City 212-821-9200. For sight impaired.

#### Veterans Guide to VA Health Care Benefits -

VA Hudson Valley Health Care System - 800-269-8749  
Monday through Friday 8 am - 4 pm

#### Visiting Nurse Association of Hudson Valley

914-666-7616 - 8:30 am - 5 pm - Home care aides nursing, Nutrition consultation

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**MASKS ARE RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF COVID VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS, AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.**

**FOR INFORMATION ABOUT THE HOSTS OF THE BELOW EVENTS, SEE THE ACTIVITIES / CLASSES / CLUBS SECTION OF THIS NEWSLETTER. WHEN GUESTS ARE WELCOME, UP TO FOUR PER UNIT ARE ALLOWED**

## TRAVEL CLUB

By Elaine Soliman

Welcome September, the month that tries its best to forget summer! We at the Travel Club have made plans to help that along.

The cancellation policy for these trips, set by Friendship Tours, is: There are no refunds once final payment is made unless a substitute traveler is provided.

## OKTOBERFEST AT KRUCKER'S

**Wednesday, October 18, 9:30 am to 6 pm in Pamona, New York**

Reminder: Final payment is due by **September 4**.

## A SALUTE TO AMERICA!!

**Tuesday, November 14, from 10:30 am to 5:30 pm**

Our November destination is the beautiful La Bella Vista in Waterbury, Connecticut to see a spectacular *All-American Variety Show Featuring Joey Arminio and the Family*. Every moment of the show pays tribute to our great nation and our Veterans.

Our family style lunch will include Italian antipasto and salad; penne a la vodka, chicken fresca, and stuffed filet of sole; potato and veggie; deluxe pastries; and soda and coffee. Carafes of red and white wine will be available on every table, as well.

Payment – \$134 per person – is due by October 13. For reservations, call Elaine Soliman at 914-617-9111. Place checks payable to The Heritage Hills Travel Club – including your unit and phone numbers – in our mail slot in the Activities Office. Our trips fill up quickly, and we are limited to 50 people.

## ON THE COVER

Caroline Doorley discovered this sunflower growing in one of her deck planters (see page 22) – presumably thanks to a squirrel that planted a seed there or bird that dropped one while flying overhead.

## OOPS!

On page 9 of the August issue, it should have indicated the Spousal/Partner Bereavement Group meetings occur monthly, not weekly.

## HERITAGE HILLS NEWSLETTER COMMITTEE

Chair: Gloria Anderson; Editor in Chief: Susan Statkowski-Rivalsi;  
Graphic Editor: Annette Bensen; Writers/Editors/Photographers:  
Phyllis Bradbury, Dasi Citron, Terry Clifford, Cindy Kennedy,  
Shirley Kesselman, Karl Milde, Stan Herz Pearlman,  
Elizabeth Royston, Keri Reitman Schnapper, Carol Vartuli

## 10 A MEN CLUB

By Mike McBride

**Wednesdays from 8:30 to 11 am in the Heritage Room**

**September 6 – Open discussion/self intros**

**September 13 – Dr Frank Turchioe, Chiropractor**  
Somers Sport and Spine

**September 20 – John Milligan, Heritage Hills Property Manager**  
Updates, and Q & A

**September 27 – Louise Squitieri, Council of Condos President**  
Variances discussion

**October 4 – Congressman Mike Lawler**

Come, listen, and ask your Congressman a question.

All adult Heritage Hills Residents are welcome to the meetings. Women are encouraged to attend and are always welcome. Doors open at 8:30 am. \$2, Bagels and coffee available until 9:45 am. Pledge of Allegiance at 10 am, then speakers and discussions until 11 am. Come join us to meet your neighbors, ask questions, and find out what is happening in Heritage Hills and around Somers. As always, we respect, welcome, and listen to all.

\* \* \*

## COMCAST 1-ON-1 SESSIONS

**Wednesday, September 6, from noon to 2 pm,  
in the Activities Center Room 2**

At these sessions, an Xfinity representative will be here to answer residents' service questions (billing issues cannot be resolved with this representative).

**Reservations required.** To reserve a 20-minute time slot, email the Activities Office at [Activities@hhsociety.org](mailto:Activities@hhsociety.org). The Activities Office will maintain a short wait list in case of cancellations.

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## HERITAGE HILLS RESIDENT ART SHOW

By Terry Clifford

**APPLICATION DEADLINE: Friday, September 15**

**SHOW DATES: Saturday, October 14, from 10 am to 6 pm**  
**Sunday, October 15, from 10 am to 4 pm**

The Annual Heritage Hills Art Show is rapidly approaching, and the Committee is accepting applications to exhibit from our resident art community. The Application Form is available in the Activities Office and on the [hhsociety.org](http://hhsociety.org) website. Art Show guidelines are detailed on the reverse side of the form. **Return the Application by September 15 to the Activities Office.** Clearly describe the artwork you are submitting.

**Show setup is Friday, October 13 from 9 am to 3 pm. VOLUNTEERS ARE NEEDED.** Do you have a few hours to assist with installing the artwork to be displayed? Please send your contact information to [mattsjack@yahoo.com](mailto:mattsjack@yahoo.com) by September 30. **WE NEED YOU!**

A number of our resident artists will be demonstrating their crafts both days of the show.

If you have any questions, contact the Activities Office at [hhactivities@comcast.net](mailto:hhactivities@comcast.net) or call 914-276-9576.

\* \* \*

## MUSICAL NOTES FROM THE CONCERT SOCIETY

*The best classical music value in Westchester and beyond!*

By Teddi Meltzer

**VIOLIST JORDAN BAK  
 ACCOMPANIED BY  
 PIANIST JI YUNG LEE**

**Sunday, September 10,  
 at 3 pm in the Heritage Room**

Whew! It's hot now, but our 2023 fall Concert Society concerts are even hotter!

At this concert, violist Jordan Bak, accompanied by pianist JiYung Lee, present a fascinating and varied program. Join us for an afternoon of beautiful music. Tickets are \$23 at the door. If you have any questions, call Raina Lefkowitz at 914-262-4470.

\* \* \*



## WELCOME TO HERITAGE HILLS EVENT

By Dorinda Haskel

**Saturday, September 9, from 3 to 5 pm  
 in the Heritage Room**

All residents as well as newcomers are invited to this informational event at which you can meet Society and Condo Board members and learn about our many varied activities.

\* \* \*

## HEALTH & SAFETY COMMITTEE

Submitted by Flo Brodley



### BRAIN HEALTH 101: PREVENTING COGNITIVE DECLINE WORKSHOP

**Tuesday, September 12, at 10 am in the Heritage Room**

Our brains provide us with amazing imaginations, house our happiest memories, alert our other organs to do their jobs, and enable us to learn, laugh, and enjoy our lives. Taking the best care of our brains is imperative to ensure we keep them healthy as we age.

Join Sharp Again Naturally speakers Myra Oney and Debbie Drelich for this one-hour presentations that explores the common causes of cognitive decline and the easy steps you can take now to make a lasting impact on your brain health.

### LAUGHTER YOGA

**With Donna Bernstein,  
 Certified Instructor & Nutritionist**

**Tuesday, September 26, at 1:30 pm in the Game Room**

The benefits of Laughter Yoga, which is fun for all ages and all physical abilities, are:

- \* You get to exercise for health and happiness.
- \* Keeps you positive and cheerful throughout the day.
- \* Reduces stress and strengthens your immune system.
- \* Helps you keep a positive mental attitude in difficult times.

Comfortable clothing is required. This class is limited to 25 participants. Register by email at [flo613@comcast.net](mailto:flo613@comcast.net), providing your name and unit and phone numbers.



By Sue Shea



## WOMEN'S CLUB

*Submitted by Phyllis Bradbury*

### BINGO!

**Wednesday, September 13, at 1:30 pm in the Heritage Room**

The Women's Club is welcoming members, potential new members, and guests to our "welcome back" meeting of the new season - a fun afternoon of Bingo. Coffee, tea, and cake will be served. Admission is free for members, \$5 for non-members. Flyers are available in the Activities Center. For more information, call Joan at 914-276-0488.

### FUTURE PLANS

Our future plans include a Pizza Party on October 11, and we are formulating plans for a luncheon in November. Flyers will be available when we get closer to the dates.

If you have any questions, contact Alfreda Savarese at 914-617-2007.

\* \* \*



*By Joyce Spector*

If you have any questions regarding the following events, call Alan Tepper at 914-342-3279 or email him at [astepper@gmail.com](mailto:astepper@gmail.com).

### ARTIE TOBIA PERFORMS

#### JEWISH COMPOSERS AND SINGERS OF THE 70s

**Saturday, September 23, at 7 pm in the Activities Center**

Artie Tobia is an established recording artist whose influences are readily present in his own catalog of over 100 songs. He has made a career of honoring those who came before him and has demonstrated a versatility to navigate varied genres and connect with his audiences through his soulful delivery and emotional style. Light refreshments will be served. Admission is \$15 per person. **No later than September 20**, place your checks in our mailbox; include your name, phone number, and email address. If you wish to sit with friends (tables seat eight people maximum), place your checks in one envelope.

Walk-ins are welcome as space permits.

### FREE MOVIE: MORDECAI

**Sunday, October 8, at 1 pm in the Activities Center**

When Mordecai, a Holocaust survivor portrayed by Academy Award nominee Judd Hirsch, is given a new iPhone, an unexpected series of events upends his world. This heartwarming Miami-set comedy is based on a true story. Snacks will be served. No admission charge. Auditorium seating. Reservations should be placed in our mailbox **no later than October 4**. Walk-ins are welcome as space permits. If you have any questions, call Alan Tepper at 914-342-3279 or email to [astepper@gmail.com](mailto:astepper@gmail.com).

\* \* \*



## SOCIETY BOARD MONTHLY MEETING

**Wednesday, September 20, at 1:30 pm in the Heritage Room**

All unit owners are welcome to attend the meeting in person. It will be broadcast on Channel 21 while in progress and will be rebroadcast daily on that channel at 2 and 7 pm until the next meeting occurs. It can also be viewed on the Society website at [hhsociety.org](http://hhsociety.org); go to Heritage Hills Society, then choose Board Meetings & Documents.

Owners are welcome to raise matters of concern in person at the meeting. Residents who cannot attend may send an email to [society@hhsociety.org](mailto:society@hhsociety.org), call 914-276-2908, or mail them to Society Board, 8 Heritage Hills, Somers, New York 10589. They will be discussed at the end of the meeting. **Provide your name and unit number on written correspondence.**

\* \* \*



## ANNUAL TOURNAMENT

*By Diane Purr*

**Saturday, September 23, at 8:30 am** (rain date September 30)

Pick your own team of four players. Registration forms are available at the Activities Center. Complete and leave the form in the Bocce mailbox with a check for \$16 (\$4 per player) payable to Diane Purr.

**The deadline for sign-up is September 15.** No teams will be accepted after that date.

All bocce fans welcome.

## THE NEWSLETTER COMMITTEE WELCOMES HERITAGE HILLS GROUP / CLUB / COMMITTEE ITEMS AND PHOTOS SUBMITTED BY RESIDENTS.

**EMAIL ADDRESS: [HHillsNewsletter@gmail.com](mailto:HHillsNewsletter@gmail.com).**

**OUR DEADLINE IS THE 6TH OF THE MONTH.**

Authors' names will be indicated. We cannot guarantee that every item will be used, and all submissions are subject to being edited for format, length, acceptability of language, and suitability of content

Narrative submissions should be in email attachment format (preferably *Word*) or by hand or mail to the Heritage Hills Activities Office at 8 Heritage Hills, Somers, NY 10589.



### When Submitting Photos:

**If using your phone instead of a camera, please use the highest resolution.** Unless it's a scenic vista, concentrate on faces. Most photographs are taken from too far away, and if the image is cropped, the faces will be blurred. Get closer.

Please do not incorporate art or a photo in a *Word* file. Attach it and *Word* files to emails as separate items.

**We cannot use anything taken from the internet without authorization from the source.**

## COMING EVENTS

### INDEPENDENT AND FOREIGN FILM CLUB

*Submitted by Steve Kelpner*

#### EDUCATION OF LITTLE TREE

United States, 112 minutes

Thursday, September 28, PROMPTLY at 7 pm in the Heritage Room

Little Tree is an eight-year-old Cherokee boy who loses his parents during the Great Depression. He begins living with his grandparents and learning the Cherokee way of life. The government intervenes and sends him to an Indian boarding school to assimilate. A boy of two worlds must learn to be his own man.

A discussion follows the screening. Masks are optional but recommended.

\* \* \*

### CONTINUING EDUCATION

*Submitted by Rosetta Benson*

The following lectures will be presented in person in The Heritage Room. Admission: \$10 paid at the door.

#### CELEBRATE FREEDOM: READ A BANNED BOOK

Two lectures by Maggie Seligman,  
Literature teacher and  
published John Steinbeck scholar

**THE CATCHER IN THE RYE**, by J. D. Salinger  
(banned since 1961)

Tuesday, October 3, at 1:30 pm

**OF MICE AND MEN**, by John Steinbeck (banned in the 1950s)

Tuesday, October 10, at 1:30 pm

The banning of books is currently a very serious issue in our country. The above two classics of American literature still appear on the American Library Association's list of banned texts. Ms. Seligman will discuss the literary qualities of these works and the issues and implications of censorship in a free society. What continues to prompt ongoing attempts to silence these authors' words?

If you have any questions, call Rosetta at 914-277-5217.



### CIAO ITALIA

*By Michael Lanotte*

#### UPCOMING EVENTS

Look for flyers, email blasts, and TV notices with detailed information.

September — TBD

Monday, October 9 – Columbus Dinner, members and non-members.

Friday, November 17 – Veterans Dinner, members and non-members.

Saturday, December 16 – Christmas Dinner, **members only**.

\* \* \*

### FRIENDS IN THE HILLS

*By Deb Ferrara*

#### BINGO IS BACK!

Thursday, October 5, at 7 pm in the Heritage Room

Doors open at 6:30 pm

Come join us for another fun night of Bingo! **Members Only** - first paid, first served. Admission is \$10. Be sure to get your checks in soon. No walk-ins! Price includes three Bingo cards / ten games. More cards and daubers will be available for purchase. We'll have a 50/50 too! Don't miss out on another fun night!

Deposit your checks into the "Friends in the Hills" mail slot with your name, unit number, and phone number. Coffee and cookies will be served. BYOB. For additional information, call Deb Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.



*By Cheryl Milde*



Miriam Chacko  
& Neil Thomas  
155 US 202 • Somers, NY

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EMAIL: OFFICE@ROSENDENTALPC.COM - WWW.ROSENDENTALPC.COM



**WHEN WALKING ON OUR ROADS, ALWAYS WALK  
FACING TRAFFIC, SINGLE FILE IF IN A GROUP  
HUG THE CURB • WEAR BRIGHT CLOTHING**



## SOCIETY BOARD NEWS

*Compiled by Susan Statkowski-Rivalsi*

### CAROL VARTULI APPOINTED TO FILL SOCIETY BOARD VACANCY

The following email blast was posted on August 9:

The Society Board of Directors is pleased to announce the appointment of Carol Vartuli as a new Board member. She will complete the term of office recently vacated by Bill Harden. Carol brings expertise in communications to the Board, plus many years of varied community service. She and her husband, Robert Marin, have lived in Heritage Hills for more than 12 years.

### BOARD MEETINGS

There was no August Society Board meeting. The July 19 meeting can be viewed in its entirety on the Society website ([hhsociety.org](http://hhsociety.org)), and daily on Channel 21 at 2 and 7 pm. The full transcript of that meeting's Minutes will be added to the website after it has been approved at the September 20 meeting.

### EXTENDED POOL SCHEDULE

Pools 2, 3, 4, and 5 will close for the season on September 4 at 8 pm. Starting September 5, Pool 1 will be open daily from 8 to 10 am for lap swimming and from 10 am to 7 pm for general swimming (with two lap lanes). It will close for the season on September 17 at 7 pm.

There's a limit of 5 guests per unit per day, and one unit owner must remain with guests at the pool. Junior pool sticker holders cannot host guests.

### PRESIDENTS' PLAQUE FOUND!



This plaque was lost for quite some time. When Society Office Administrator Anna Milani cleaned up the Activities Office a few months ago, she found it! She had Pat Ploss's name added, and it was mounted on the wall in the Society Office.

## JULY SECURITY CALL REPORT

*Rob Casasanta, Prosecur Security*

During the month of July our Security staff received and responded to a total of 278 calls regarding the following matters:

Medical	89
Security	60 (open garage doors, other security concerns)
Fire	15 (the majority of which were fire alarms)
Service	80 (including 50 lift assists, 14 persons locked out, and 13 welfare checks)
Maintenance	20
Car Accidents	2
Parking Violations	12 (in handicapped spaces, fire lanes, A / B roads)

\* \* \*

## COUNCIL OF CONDOS

*By Terry Clifford*

Attending the July meeting Condos: 1, 3, 4, 6, 8, 11, 12, 14, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, and 30.

**Willow Wood Gun Club** – Louise Squitieri, Council of Condos President, thanked Judy Gallo, President of Condo 21, for all her hard work on this issue which effects not only the Condos bordering the gun club but all 30 condos in Heritage Hills. Judy met with Society President Dom Rubino and Vice President Gloria Anderson. They stated the Society would contribute to the legal fund if needed. If the “Article 78” filing – mentioned in last month’s edition of our “Community Newsletter” – fails, Michael Barnhart of the Somers Land Trust explained the next step was to challenge them on the “Clean Water Act.”

The Condo 21 Board of Managers decided not to pursue legal action against the gun club but were told other legal arguments called “Private Nuisance” and “Personal Trespass” could also be brought since Condo 21 has 61 acres adjacent to the gun club. Surveyors were hired to indicate Heritage Hills Condo 21 property line and a letter was sent to the Town of Carmel with images of thousands of shards of clay skeet on their property. The soil has been tested and several areas have high marks for contamination. Therefore, there is a serious issue of resident safety and pollution of private property. Although the gun club expanded without notifying the Town of Carmel, the Town now knows and gave permission, which makes them liable. If the Town of Carmel does not respond Condo 21 will pursue the gun club’s insurance company.

**Who is responsible for Decks and Patios?** – Decks are “limited Common Property” therefore each condominium is responsible for how they manage this issue from an insurance perspective. Further discussion took place which indicated various ways to determine the liability and responsibility of Decks and Patios. Although it was agreed that most Condo By-Laws indicate unit owner responsibility for Decks and Patios, each Condo determines the course of action to take letting unit owners know what they are responsible for.

**We look forward to having all Condo presidents/representatives at the 7 pm, Wednesday, September 20 meeting at the Activities Center Heritage Room.**

## Heritage Hills Society Board Standing Committees – August 2023

**Definition:** Standing Committees advise and assist the Society Board in carrying out its mandate as defined in the Society's founding documents. The bylaws empower the President to appoint and remove Standing Committees and their chairpersons. Appointment of committee chairpersons shall be ratified by a majority of the Board.

<p><b>Activities</b> Ann Harper, Co-Chair Dorinda Haskel, Co-Chair <u>Advisor to the Committee</u> Andrew Kaplan, Activities Coordinator</p> <p><b>Audit</b> Jack Mattes, Chair Gloria Anderson Peter Monaghan <u>Advisor to the Committee</u> Rosina Colagiovanni, HMS Staff Accountant</p> <p><b>Communications</b> Annette Bensen, Chair Alan Tepper <u>Channel 21</u> <u>Advisors to the Committee</u> Andrew Kaplan, Activities Coordinator DuShawn Richardson Nick Madeo – Madeo Multimedia <u>Website</u> Annette Bensen <u>Advisor to the Committee</u> Andrew Kaplan, Activities Coordinator</p> <p><b>Community Affairs</b> Jack Mattes, Chair Patricia Ploss Jay Wright <u>Advisor to the Committee</u> John Milligan, Property Manager</p> <p><b>Digital Records Retention</b> Jay Wright, Chair Patricia Ploss Alan Tepper <u>Advisor to the Committee</u> Anna Milani, Society Office Manager</p> <p><b>Emergency Preparedness</b> Jack Mattes, Chair Alan Tepper Jay Wright Terry Clifford <u>Advisors to the Committee</u> Rob Casasanta, Prosecur Supervisor John Milligan, Property Manager Marcus Lovell, Facilities Manager</p> <p><b>Finance &amp; Budget</b> Gene Archer, Chair Dorinda Haskell Patricia Ploss Deica Ruiz Jay Wright <u>Advisors to the Committee</u> John Milligan, Property Manager Rosina Colagiovanni, HMS Staff Accountant</p>	<p><b>Fitness Center</b> Annette Bensen, Chair Alan Tepper Maria Molinski Donna Nevin Mathew Tager <u>Advisors to the Committee</u> John Milligan, Property Manager Mary Tedesco, Fitness Center Manager Jonathan Reichbach, Fitness Center</p> <p><b>Health &amp; Safety</b> Flo Brodley, Chair Gloria Anderson, Board Rep. Alicia Brescia Peggy DeGasperis Elfriede Eidam, RN Barbara George, LCSW Rosemary Glassman, RN Leslie Guttman, RN Bev Jacobson Jade Lew Mona Moriber, LCSW Eileen Plastino, RN <u>Advisor to the Committee</u> Rob Casasanta, Prosecur Supervisor</p> <p><b>Infrastructure/Maintenance Yard</b> Bruce Prince, Chair Art Singer <u>Advisors to the Committee</u> John Milligan, Property Manager Marcus Lovell, Facilities Manager</p> <p><b>Insurance</b> Gene Archer, Chair Gloria Anderson</p> <p><b>Landscape</b> Patricia Ploss, Chair Karl Milde Joanne Meder Mary Ann Mitchell <u>Advisors to the Committee</u> John Milligan, Property Manager John Maxner, Maxner Eileen Schmidt, Maxner Melissa Brent, Westchester Properties Consultant</p> <p><b>Legal</b> Gloria Anderson, Chair</p> <p><b>Library</b> Deica Ruiz, Chair Gloria Anderson Bruce Prince Pat Conetta Sheelagh Kaplan Cindy Kennedy</p>	<p><b>Meadowlark Park</b> Patricia Ploss, Chair Bruce Prince Alan Tepper Marti Lowenfeld Mike McBride <u>Advisor to the Committee</u> John Milligan, Property Manager</p> <p><b>Newsletter</b> Gloria Anderson, Chair Susan Statkowski-Rivalsi, Editor in Chief Annette Bensen Karl Milde Carol Vartuli Phyllis Bradbury Dassi Citron Terry Clifford Cindy Kennedy Shirley Kesselman Stan Herz Pearlman Elizabeth Royston Keri Reitman Schnapper</p> <p><b>Pool</b> Jack Mattes, Acting Chair Laura Mellor Dorinda Haskell, Board Rep. Barbara Antonecchia Melanie Devilliers Frank Gallo Warren Groner Amy Horowitz Joan Sotille Hope Wittrick <u>Advisors to the Committee</u> John Milligan, Property Manager Marcus Lovell, Facilities Manager Julius Domingo, Ass't Facilities Manager Laura Cullen, HMS</p> <p><b>Security</b> Gene Archer, Chair Carol Vartuli <u>Advisors to the Committee</u> Rob Casasanta, Prosecur Supervisor John Milligan, Property Manager</p> <p><b>Transportation</b> Alan Tepper, Chair Ken Benjamin Dietmar Choka <u>Advisors to the Committee</u> Rob Casasanta, Prosecur Supervisor John Milligan, Property Manager Mike Triano, Maintenance Yard Manager</p>
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## HEALTH & SAFETY COMMITTEE

By Flo Brodley

### FALL SCHEDULE OF EVENTS

In addition to the events on page 4, we'll be hosting the following:

**Annual Flu Clinic** - October 11, from 9 am to 1 pm at Lake Lodge.

**Medicare Update** - October 18 at 10 am (10 A Men meeting) and October 19 at 1:30 pm in the Heritage Room.

**Keeping Your Pet Healthy** - November 17 at 10 am presented by Dr. Julie Fixman, DVM (Doctor of Veterinary Medicine) in the Heritage Room.

### COME JOIN OUR COMMITTEE

We're looking for a few "public-minded residents" to enlarge our committee. Our hope is to include any of the following: MD, DDS, RN, NP, PA, PT, OT, SW, JD, R.Ph., and public service professionals, such as firefighters, police personnel, home health aides, and health administrators/educators.

We meet once a month in absorbing/colorful discussions and work sessions. If you're interested, email me, Committee Chair, at [flo613@comcast.net](mailto:flo613@comcast.net).

\* \* \*

## FACEBOOK GROUPS FOR ALL HERITAGE HILLS RESIDENTS

By Karl Milde

There are now three unofficial Heritage Hills Facebook group pages that were started by residents and are administered by them.

### HERITAGE HILLS FAMILY NETWORK

This is a private group page founded in 2019 for those who want to make our community a family-friendly place in which to live. At this page, resident grandparents, parents, aunts, uncles can meet neighbors, get the kids together, start child-friendly events, etc. It's also a place to communicate – for instance, ask for referrals, discuss common issues, report power outages etc. Posts regarding politics and religion are not allowed.

### HERITAGE HILLS NEWS

This page was founded recently by me. It is intended to be an up-to-the minute forum for breaking news and comments about anything and everything that goes on in Heritage Hills.

### HERITAGE HILLS GREEN THUMBS

This page was founded a few months ago by Hugh Delaney. It serves residents who love gardening.

So there you have it, Heritage Hills residents. You have a choice. Next time you go online, stop by and take a look!

*I know the Garden Club has a private Facebook page for its members but realize there may be other Heritage Hills club / group Facebook / social media pages. If you know about such a page, please contact Karl Milde via email at [karlmilde@aol.com](mailto:karlmilde@aol.com).*

\* \* \*

## HLibrary

### WELCOME TO HERITAGE HILLS OPEN HOUSE

During the "Welcome to Heritage Hills" event on September 9 in the Heritage Room, residents are invited to visit the HLibrary table. The Library also will be open from 3 to 5:30 pm. Be sure to stop by and peruse the shelves.



### OUR GROWING MYSTERY COLLECTION

Heritage Hills readers continue to seek out mystery novels. This month, the Library is adding new books by popular mystery writers, including *Holly*, by Stephen King, and *Dead Mountain*, by Preston & Child. Also included is *Yellowface*, by R. F. Kuang, an author new to our collection.

### LIBRARY HOURS

HLibrary is now open Monday through Friday, from 10 am to 3 pm, and Saturdays, from 10 am to 1 pm.

### NEW ADDITIONS TO OUR COLLECTION IN SEPTEMBER

To reserve any of the books listed below, please stop by or call the Library at 914-276-7655.

#### Fiction

Beattie, Ann. . . . . *Onlookers*  
Bowen, Rhys . . . . . *The Paris Assignment*  
Chiaverini, Jennifer . . . . . *Canary Girls*  
DeWitt Patrick . . . . . *The Librarianist*  
Hoffman, Alice . . . . . *The Invisible Hour*  
McBride, James. . . . . *The Heaven and Earth Grocery Store*  
Mendelson, Charlotte. . . . . *The Exhibitionist*  
Russo, Richard. . . . . *Somebody's Fool*

#### Mystery

King, Stephen . . . . . *Holly*  
Kuang, R. F. . . . . *Yellowface*  
Preston & Child . . . . . *Dead Mountain*  
Reichs, Kathy. . . . . *The Bone Hacker*  
Rollins, James . . . . . *Tides of Fire*  
Slaughter, Karin . . . . . *After That Night*

#### Non-Fiction

Goodell, Jeff . . . . . *The Heat Will Kill You First*



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Source: OKMLS, 1/1/22-12/31/22, total dollar volume of single family homes and condominiums sold by Agent, Somers school district



## CALLING ALL YOUNG ARTISTS!

*By the Art Show Committee*

Many attendees at last year's Art Show enjoyed the artwork displayed by our young residents, grades K through 12. We would like you to show your artwork at this year's show on Saturday and Sunday, October 14 and 15.

Pick up your application at the Activities Center or on the Heritage Hills website, [hhsociety.org](http://hhsociety.org).

Submit your application to the Activities Office by Friday, September 15.

**See you at the Show!**

\* \* \*

## SEPTEMBER AT THE SOMERS LIBRARY

*Compiled by Susan Statkowski-Rivalsi*

Where registration is required, do so on their online calendar at [www.somerslibrary.org](http://www.somerslibrary.org).

### PROGRAMS FOR YOUNG ADULTS

#### STEM - AERODYNAMICS & PAPER PLANES

**Tuesday, September 19, from 3:45 to 5:15 pm**

**(Rain date: Thursday, September 21, same time)**

For students in grades 4 to 7, this program takes a fun look at how to build a paper plane and how changing the design can help or hinder flight. Participants will start small and work their way up to big paper airplanes, finishing off with a competition to see which plane flies the farthest, fastest, and highest. Pre-registration is required.

#### CREATIVE COLLAGE FOR TEENS

**Wednesday, September 27, from 4 to 5 pm**

Students in grades 6 to 12 will learn about collages by three modern masters, followed by a chance to create their own masterpieces. The program starts with a quick virtual tour by Joyce-Krasner of the Jackson Pollock/Less Krasner studio at which they worked on experimental abstract collages. Ms. Krasner will then demonstrate collage techniques as participants work alongside each other. Supplies will be provided to create your own collage. Pre-registration is required.

### PROGRAMS FOR CHILDREN

(Children under age 10 must be accompanied by an adult.)

#### TOT TIME

**Tuesdays, September 12 and 26, at 10:30 am**

Toddlers ages 3 and under will enjoy songs, rhymes, and books. No registration necessary.

#### PLAYDATES

**Wednesdays, September 13 to October 18, from 10:30 to 11:30 am**

The Somers Library will have some arts and crafts (self-guided), books, and music for children to enjoy while parents/guardians get a chance to meet and mingle. No registration necessary.

#### MODEL MAGIC: ELEPHANT APPRECIATION

**Wednesday, September 20, at 3:45 pm**

For ages 4 to 11, join local art teacher Wendy Podell for a fun model magic project. Pre-registration is required.

## EAST HILL MEN'S GOLF ASSOCIATION

*By Ken Freeman*

We have enjoyed remarkable weather luck. Despite lots of rain through much of the season, and while the Somers National course has at times been very wet, not a single Tuesday or Thursday morning tournament has been rained out all season. Here are the results of all those tournaments since our last report (\* = our better golfers, \*\* = the rest of us):

### INDIVIDUAL MATCH PLAY SEMI-FINALS/FINALS

**A Flight\* Semi-Finals:** Mike Flaherty over Bob Sotoroff; Ed Yee over Bob Briganti; Final: (over 2 rounds): Mike Flaherty over Ed Yee

**B Flight\*\* Semi-Finals:** Ed Sottile over Ken Freeman; Vin Marrone over Rich O'Brien; Final: (over 2 rounds): Ed Sottile over Vin Marrone

### STANDARD STROKE PLAY

**July 5 (A and B Players):** Low Gross – Joel Greenspan; Low Net – 1st Phil Glazer, 2nd Ed Yee, 3rd Ed Sottile

**July 6: A Flight:** Low Gross – Frank Servidio; Low Net – Charlie Barrett; **B Flight:** Low Gross – Jim Haggerty; Low Net – 1st Ed Sottile, 2nd Howard Weiner, 3rd Frank Gallo

**July 11: A Flight:** Low Gross – Ed Yee; Low Net – 1st Charlie Barrett, 2nd Phil Glazer; **B Flight:** Low Gross – Howard Weiner; Low Net – 1st Vin Marrone, 2nd John Mahoney, 3rd Charlie Kravetz

**July 13: A Flight:** Low Gross – Bill Glass; Low Net – 1st Charlie Barrett, 2nd Bob Sotoroff; **B Flight:** Low Gross – Charlie Kravetz; Low Net – 1st Frank Gallo, 2nd Nick Stanton, 3rd Howard Weiner

**July 18: A Flight:** Low Gross – Bill Glass; Low Net – 1st Charlie Barrett; **B Flight:** Low Gross – Ed Sottile; Low Net – 1st Nick Stanton, 2nd Bob Kenney, 3rd Charlie Kravetz

**July 20: A Flight:** Low Gross – Frank Servidio; Low Net – Phil Glazer; **B Flight:** Low Gross – Bob Kenney; Low Net – 1st Frank Gallo, 2nd Nick Stanton, 3rd Vin Marrone

**July 25: A Flight:** Low Gross – Bob Briganti; Low Net – 1st Charlie Barrett, 2nd Tom Recca; **B Flight:** Low Gross – Howard Weiner; Low Net – 1st Ken Freeman, 2nd Al Zaffiro

**August 1: A Flight:** Low Gross – Bill Glass; Low Net – 1st Tom Recca, 2nd Bob Sotoroff, 3rd Yogi Santa-Donato; **B Flight:** Low Gross – Al Zaffiro; Low Net – 1st Vin Marrone, 2nd Jack O'Hanlon, 3rd Jim Haggerty

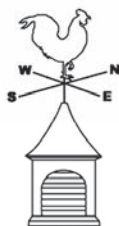
The group's annual team competition began on July 27. Club members were divided into two teams – the Hackers, led by captains Yogi Santa-Donato and Bob Briganti, and the Duffers, led by captains Frank Servidio and Ed Yee. The two teams came out of the initial July 27 round tied. Stay tuned next month, following completion of all three rounds, to hear which team ultimately won.

\* \* \*



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## TENNIS NEWS

By Dena Goldstein

On Saturday, May 20, our first Round Robin of the 2023 Season was Rained out. Boo Hoo!



*Ben, Marlene, Charlie, Florence,  
Winners Ben and Louise, and Mike, Dena*

The Tennis Committee was pleased to host the Mixed Tennis Tournament. We had a rainout on Saturday, June 24 but all were ready to play on Sunday, June 25. Eighteen people participated. We had a Winner and Runner up in the Main Draw. Bennet Goodman and Louise Squitieri were the Winners in the Main Draw.

This was a very exciting match which went to a tie break to see who would be the winner of the Tournament! Mike Schwartz and Dena Goldstein were the Winners of the Consolation Draw. Everyone who attended got to play at least two Matches.

On Sunday, July 30, we hosted the Women's Doubles Social. It was a beautiful day, and everyone enjoyed the tennis. All women played with each other in a totally mixed social. Snacks were served and enjoyed by all.

If you have any questions relating to Tennis, call/text Dena Goldstein at 914-589-3560 or send an email to [denagoldstein17@gmail.com](mailto:denagoldstein17@gmail.com).



*By Elizabeth Royston*

## PICKLEBALL COMMITTEE

By Denise Elliott

July was a beast weather wise! Between the heat, rain, and thunderstorms our players were out at 8 am (not for long) and again at 5 pm! Eric Scorzelli introduced and ran an "ACES" night for Intermediate players and advanced players which was a big success. ACES is a competitive series of games that mixes up players and ends with the grand finale game crowning the winners!



*Advanced ACES: John Zeiss, runner up; Len Captan and Baldissera Sorice,  
winning team; and Andrew Miller, runner up.*



*Intermediate ACES; Denise Elliott and Connie Tuosto, winners;  
Jeri Bennett and Fran Lupo, runners up,*

August started off perfectly! Lessons and more events will be planned! Stay tuned!

If you are interested in joining our awesome group of resident players, see SPORTS in the ACTIVITIES/CLASSES/CLUBS section of this Newsletter.

\* \* \*



*By Elizabeth Royston*



**MASKS ARE STRONGLY RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.**

## GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

**Produced by the Activities Office**

**Phone: 914-276-2636 or go to Activities at [hhsociety.org](http://hhsociety.org)**

**Advance registration is required. To book a space for your group/club, contact Andrew Kaplan in the Activities Office by email at [activities@hhsociety.org](mailto:activities@hhsociety.org) or by phone at 914-276-2636.**

## ARTS & CRAFTS

**I Love Art Class:** After school ART in Heritage Hills for children ages K to 6. Hosted by Miss Judika, M.S. To register, call Judika at 914-438-6750.

**Needlecraft Group:** Charitable needlecraft group meets Wednesdays at 12:30 pm in the Activities Center's Game Room. All skill levels are welcome. \$10 annual dues. Proof of vaccination is mandatory. For questions, or to register, call Linda at 914-277-2776 or Ginger at 914-617-9058.

**Paint & Sip with Judika:** Create a different painting in each class once a month. Step-by-step instructions given, and everyone leaves with a masterpiece! \$40 per class includes all supplies. Bring your creative spirit! To register, call Judika at 914-438-6750.

**Sketch Workshop:** Wednesdays 9:30 to 11:30 am in Activities Center's Studio A. Portrait figures, still lifes. Bring your choice of paper, pen, pencil, watercolor, pastel, etc. Models are welcome to pose or 20 minutes (clothed!). No fee, no teacher, but guidance available.

**Silk Fabric Painting Class:** Fee \$135. Must sign up for a full 4-week session at the Activities Center. Space is limited. For more information, contact Evey at 914-276-0737 or email her at [evemusart@comcast.net](mailto:evemusart@comcast.net).

**Woodcraft Club:** The shop at the Activities Center is available Monday thru Saturday from 9 am to 4 pm. For information and to register, contact Club President Ed at 914-276-0671 or 914-552-2303.

## CIAO ITALIA

If you wish to become a Ciao Italia member, Membership Forms are available outside the Activities Office. Watch for flyers and TV notices announcing upcoming events. Ciao Italia membership is open to all Heritage Hills residents.

## CLUB SHALOM

You don't have to be Jewish to love Club Shalom. Our Club is dedicated to providing quality entertaining and educational Jewish cultural programs for the residents of Heritage Hills. Watch for information about upcoming events. All residents are welcome.

## CONCERT SOCIETY

We present four classical concerts each year in May, June, September, and October on Sundays at 3 pm in the Activities Center's Heritage Room. We feature the best and brightest of classical music's rising stars. The annual subscription rate is \$80 per person or pay \$23 at the door per concert. Subscription forms are at the Activities Center. If you have questions, call Raina Lefkowitz at 914-262-4407.

## CONTINUING EDUCATION

Our mission is to educate and entertain with monthly presentations by experts in the fields of art, literature, music, theater, history, and politics on specified Tuesdays at 1:30 pm in the Activities Center's Heritage Room. For more information, see the COMING EVENTS section of this Newsletter or call Ann at 914-617-9434.

## CULINARY CLUB

We meet for dinner in the Activities Center once a month on a Wednesday evening at 6 pm. If you are interested, contact Barbara Gangemi at 914-617-9037.

## DANCE

**Friday Night Social Dance.** The first Friday of every month from 7 to 10 pm in the Activities Center's Heritage Room. \$10 per person includes coffee and cake. BYOB. For more information, call Ami at 914-486-9677.

## EXERCISE

**Tai Chi & Chi Gong with Master Ellen.** Monday from 12:30 to 1:30 pm in the Gym. \$70 per month. First class free. All levels welcome. Wear loose fitting, comfortable clothing. Contact [heritagehilltaichi2gmail.com](mailto:heritagehilltaichi2gmail.com).

**Vinyasa Yoga with Joe.** Saturday at 9:30 am in Lake Lodge's Upper Level. \$12 per class. To register, email Joe Ferrari at [josephferrari@me.com](mailto:josephferrari@me.com).

**Body Sculpting Class with Linda:** Warmup low impact cardio, strength, and balance abdominal exercises on the floor or in a chair, and stretch relaxation cool down. Monday thru Thursday at 8:30 am in Lake Lodge. \$10 per session or three classes for \$20. Call or email to register at 718-541-0861 or [Labzeiss@gmail.com](mailto:Labzeiss@gmail.com).

**Pilates Barre Class with Linda:** Monday and Thursday at 9:30 am in Lake Lodge. \$10 per session or three classes for \$20. Call or email to register at 718-541-0861 or [Labzeiss@gmail.com](mailto:Labzeiss@gmail.com).

**Gentle Yoga with Lisa.** Monday at 1 pm and Friday at 10 am in Lake Lodge's Upper Level. \$12 for a 75-minute class. [Lisaathomas@optonline.net](mailto:Lisaathomas@optonline.net) or 914-497-0243.

**Cardio/Strength/Stretch Class with Lori.** Join me for a fun, safe, effective workout. Low impact cardio, resistance training, balance, stretch and breath work— all set to great music! Appropriate for all levels. Resistance bands and weights available. No mats needed. Tuesdays and Thursdays from 9:30 to 10:30 am in the Gym. Fee: \$10 per class. Try the first class for free! \*Class also available on Zoom. Email Lori at [lamb428@optonline.net](mailto:lamb428@optonline.net).

**Chair Yoga with Satish Class:** Chair Yoga aimed at toning the entire body and increasing flexibility. Breathing and meditation for relaxation and mind-body connection. Live music. Practice every Tuesday from 10 to 11:15 am in Lake Lodge with Satish Gambhir, Registered Yoga (500-RYT) and acupressure teacher with over 20 years of experience. \$10 per class. Call or email to register at 914-646-0887 or [Satishgambhir@gmail.com](mailto:Satishgambhir@gmail.com).

**Chair Zumba/Toning with Theresa.** Monday at 9:45 am by Zoom only. Zumba for anyone who prefers a seated workout. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**Getting Back on Track (15-15-15) with Theresa:** Wednesday at 10:30 am at the Fitness Center and on Zoom. Light cardio and balance, functional strength and stretch, and restorative breathing and relaxation. Great class to begin or continue your fitness journey. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**Lyrical Arms Class with Theresa:** Friday at 10:50 am at the Fitness Center and on Zoom. Build upper body strength and increase range of motion using fluid movements and light weights to lovely music. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**Move and Groove with Theresa:** Wednesday at 11 am in the Fitness Center and on Zoom. Easy-to-learn and easy-to-follow Beginner Line Dances to ALL music genres. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**Zumba Gold with Theresa.** Friday at 10 am in the Fitness Center and on Zoom, and Saturday at 10 am on Zoom only. Fun, easy to follow, low impact dance fitness class. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

## FAMILY NETWORK GROUP

Arranges organized family-oriented gatherings, days and evenings, several times a year. Go to [Facebook.com](https://www.facebook.com) to join the group "Heritage Hills Family Network" or email [keri.reitman@gmail.com](mailto:keri.reitman@gmail.com).

## FRENCH CONVERSATION GROUP

Meets the last Friday of the month at Lake Lodge in room 1 from 10 to 11 am. Members should have a basic knowledge of French conversation but need not be fluent. Refresh your French language skills and laugh and learn with us. If you have any questions, call Sandy Wohlberg at 914-617-2063.

## FUN & GAMES

**Bridge—Duplicate:** Plays Monday and Thursday at 12:30 pm in the Activities Center—**vaccinated only**. For information, call Marie at 914-277-4266.

## Friends in the Hills

Open to all adult Heritage Hills residents. Each meeting will be a night of fun and socializing with your neighbors. See the COMING EVENTS section of the Newsletter for event details. Email us at [Friendsinthehills@aol.com](mailto:Friendsinthehills@aol.com) with any questions or contact Debe Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.



**Mah Jongg:** Plays Monday at noon in Lake Lodge and Wednesday at noon in the Activities Center (space is available-contact Sue Furino 914-617-9110); Friday at 1 pm in Lake Lodge (contact Olga LaBoy at 914-276-2646); Tuesday and Thursday from 11 am to 1 pm (we are at full capacity and are only taking people for the waitlist at this time. Call Rebecca Fierro at 914-669-5328 for further clarification).

**Ping Pong:** Plays Thursday at 10 am in the Activities Center's Game Room. Open to all residents. Come hang out and play!

**Scrabblers:** Casual Scrabble game play on Thursday from 1 to 3 pm in Room 2 in the Activities Center. All levels of play, including newbies, are welcome. For more information, just walk in or contact Susan at 914-617-9228 or [ciwhitestar@comcast.net](mailto:ciwhitestar@comcast.net).

**Chess Club:** We are a group of chess enthusiasts who enjoy coming together to play some friendly games of chess! Beginners are welcome! Wednesdays from 1 to 3:30 pm in Lake Lodge's Room 3. Bring your chess set if you have one. Some playing pairs may choose to use a chess clock; bring this, also, if you have one. For more information, contact Pat Posluszny at [patpugs@comcast.net](mailto:patpugs@comcast.net) or 914-276-6550.

## GARDEN CLUB

For information, including questions on membership and use of the Community Garden, please send an email to [hhgardenclubsecretary@gmail.com](mailto:hhgardenclubsecretary@gmail.com). If you would prefer to speak by phone, call Club President Joanne Meder at 914-318-5808 and leave a message.

## HEALTH & SAFETY COMMITTEE

**Blood Pressure Screenings With a Smile:** Nurse Ellie Eidam offers screenings and good advice on the second Friday of the month from 9 to 11 am in the Activities Center's Game Room. Your temperature may be taken. Mask-wearing is voluntary. Do not come if you have tested positive for Covid-19, were recently exposed (within 14 days) to the virus or traveled to areas that have experienced high levels of the virus. Contact Ellie at [elliebob1@gmail.com](mailto:elliebob1@gmail.com) or 914-617-2109 for more information.

**Alzheimer's/Dementia Caregivers Support Group:** Caring for someone with Alzheimer's/Dementia is a difficult and painful challenge. A support group can help. Meetings take place the first Thursday of the month at 12:30 pm in Lake Lodge's Room 1. Fee: \$20 per session. Facilitated by Linda Ludwig, PhD. To register, call 914-617-9328 or email [ludwiglr@aol.com](mailto:ludwiglr@aol.com).

**Spousal/Partner Bereavement Group:** A support group that provides an opportunity to be with others who have lost a spouse or partner. Meetings take place on the second Thursday of the month at 12:30 pm in the Activities Center's Game Room. Fee: \$20 per session. Facilitated by Linda Ludwig, PhD. To register, call 914-617-9328 or email [ludwiglr@aol.com](mailto:ludwiglr@aol.com).

**Senior Entitlements Program-Westchester County:** Watch the COMING EVENTS section of this *Newsletter* for communications about upcoming sessions.

## HIKERS & WALKERS GROUP

Weekly hikes from September to June. Information and our schedule are available at [hhsociety.org](http://hhsociety.org) / Activities / All Activities / Hikers and Walkers.

## INDEPENDENT AND FOREIGN FILM CLUB

Monthly screenings in the Activities Center's Heritage Room, followed by a discussion. April thru December. \$20 for the series. Schedule is posted in the Activities Center and on the Society website. For information, contact Steve Klepner at 845-297-7066 or [spk010@yahoo.com](mailto:spk010@yahoo.com).

## LIBRARY

Open Monday through Friday from 10 am to 3 pm and Saturday from 10 am to 1 pm. For information on the collection, visit the Heritage Hills Library webpage at [hhsociety.org](http://hhsociety.org) or call 914-276-7655.

## MORNING DISCUSSION GROUP

Discussion group on current event topics. Meets Monday from 9:30 to 11 am in the Activities Center. For information, email Ken Benjamin at [kenbenja@aol.com](mailto:kenbenja@aol.com) or call 914-617-9817.

## RAINBOW CONNECTION CLUB

A group for LGBTQ members and their families, friends, and neighbors. All are welcome. We meet the first Thursday of each month at Lake Lodge from 5 to 7 pm. For more information contact Joanne at 914-450-5609.

## SHAKESPEARE GROUP

Meets in person every Tuesday from 10 to 11:30 am in the Activities Center's Room 3, and on Zoom. See a film of a classic Shakespeare play, then read it and join in lively discussions. All are welcome! For more information, call Susan Ray at 914-391-6686 or Margaret Howlett at 973-746-7816.

## SINGLES CLUB

If you are interested in joining the club, please contact Olga LaBoy at 914-960-9796 or [laboyiolga@yahoo.com](mailto:laboyiolga@yahoo.com). Membership dues are \$12 per year.

## SPORTS

**Bocce Group:** April through October: Wednesday and Saturday at 9:30 am.

**East Hill Men's Golf Association:** Enjoy weekly Thursday 9-hole casual competitions in a variety of formats, as well as Tuesday Stroke Play opportunities, from April thru November at Somers National Golf Club's course right here on Heritage Hills' West Hill. For more information, contact Membership Chairman Bob Kenney at 914-617-9884 or [rlkret@aol.com](mailto:rlkret@aol.com).

**Pickleball Group:** Pickleball on the outdoor courts is open play, no reservations required. The Gym is also available for indoor play. For details on both, and about the Pickleball Committee and community, email [PickleballHH@Outlook.com](mailto:PickleballHH@Outlook.com). See you on the courts!

**Shuffleboard Group:** October through March on Wednesday from 1 to 3 pm, and on Saturday from 9:30 am to noon, in the Gym.

**Tennis Group:** All Tennis reservations are now made via [www.playtomic.io](http://www.playtomic.io), or you can download the playtomic app, which offers many additional features. Once on the playtomic website, type "Heritage Hills" and click on "tennis" as the sport choice. For general information about the tennis group, call Dena at 914-589-3560. The Friday night Round Robin runs from May through September.

## 10 A MEN CLUB

Come to the Activities Center's Heritage Room Wednesday at 9 am and have continental breakfast for \$2. The meeting starts at 10 am.

## TRAVEL CLUB

Our mission is designed for those who enjoy traveling, whether the destinations are nearby or far away. All details are handled by the Group. Buses leave from and return to Heritage Hills. Information on our trips is available on flyers in the Activities Center, on TV, and in this Newsletter.

## WOMEN'S CLUB

We meet the second Wednesday of the month at 1:30 pm, with the exception of January, July, and August. Our regular meetings will resume this month. Information about the Fall events can be found in the COMING EVENTS section of the Newsletter. For more information, call our membership chair, Alfreda Savarese, at 914 617-2007.

## WRITERS WORKSHOP CLASS

Workshop on *Google Meet*! Monday at 1 pm and Saturday at 10:30 am in Lake Lodge. Email Linda Spear, workshop facilitator, to arrange to join us! [Lindaspear211@gmail.com](mailto:Lindaspear211@gmail.com).



By Terry Clifford



Mom *enjoys*  
~~enjoyed~~  
spending  
time  
with the  
ladies.

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## CELEBRATE SOMERS

*Submitted by Susan Statkowski-Rivalsi*

**Saturday, September 23, from 10 am to 1 pm,  
at Somers Towne Center**

Enjoy a day of family-friendly activities, food, music, and dancers and meet local business owners/staff.

The main road – from CVS to Webster Bank – will be closed all day.

**NOW YOU KNOW!**

\* \* \*

## HUDSON VALLEY HOT AIR BALLOON FESTIVAL

*Submitted by Susan Statkowski-Rivalsi*

**Friday to Sunday, September 1 to 3,  
in Tymor Park, Union Vale, New York**

**Friday:** From 2:30 to 8:30 pm. Balloon launch is at 5:30 pm

**Saturday and Sunday:**

From 5:30 to 9 am. Balloon launch is at 6:30 am.

From 2:30 to 8:30 pm. Balloon launch at 5:30 pm.

For tickets and more information, go to [balloonfesthv.com](http://balloonfesthv.com).

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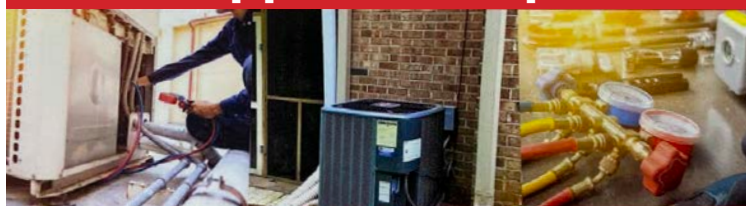
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## SOMERS SENIOR SERVICES

For information on services and classes in addition to the following, see page 2 or call 914-232-0807.

### SEPTEMBER SHOPPING TRIPS

*Submitted by Barbara Taberer, Director*

No more than four trips per month per shopper. Two bags per shopper. A \$2 donation per shopper is recommended. Bus pickups start at 10 am, you have 1-1/2 hours shopping time, and you return home early-to-midafternoon. Bus drivers provide assistance onto and off of the bus using a stepstool and handling mobility devices or using the wheelchair lift. They carry your bags to your door. An aide may accompany the rider. To make your reservations, call 914-232-0807.

#### MONDAY

September 11 .... Danbury Mall

September 18 .... Target

September 25 .... Dollar Tree

#### FRIDAY

September 1 ..... Trader Joe's

September 8 ..... ShotRite

September 15 ..... Uncle Giuseppe's

September 22 ..... Stop & Shop

September 29 ..... DeCicco's

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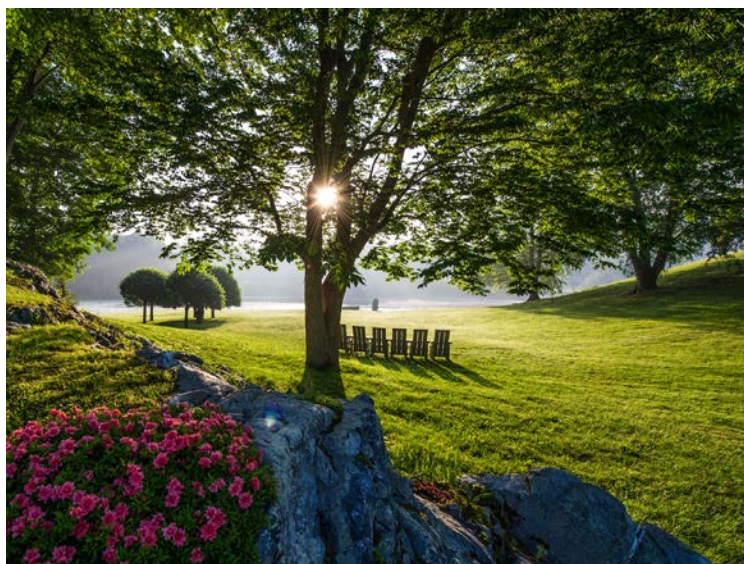
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## THE INNISFREE EXPERIENCE

Text by Karl Milde, photos by Cheryl Milde



Did you know there's a place recognized as "one of the world's ten best gardens" less than an hour's drive from Heritage Hills? If not, read on. It's called the "Innisfree Garden."

A visit to Innisfree is not merely a tiptoe among the planting areas, amazing as the wildflowers may be. Innisfree is an experience. It takes hold of your senses and elevates you to a place at peace: at peace with nature and at peace with yourself.

This effect upon your senses is intentional and by careful design. Over fifty years in the making, Walter and Marion Beck transformed their huge country estate into a magnificent, 185-acre garden inspired by the concepts and principals of an 8th century Chinese painter and garden designer, Wang Wei. Studying paintings of Wang's 1,000-year-old Wangchuan Villa, Walter and Marion noticed that Wang created small garden vignettes or "cup gardens" tucked within a larger, naturalistic landscape.

With that in mind, the Becks began a remarkable 20-plus year collaboration with a famed landscape architect, Lester Collins. Working with Collins, the Becks landscaped and sculpted the Innisfree Garden down to the last detail.



As the Garden progressed, the Becks created the Innisfree Foundation. Although Marion died in 1959 after an illness that had consumed much of their family resources, the Foundation survived by raising money and opened Innisfree to the public in 1960. In the 1970's, the Foundation sold the land surrounding the Garden to Rockefeller University for research and a nature preserve.



Innisfree is unique in that it was designed by a single landscape architect. Collins created a masterwork with an "Alice-in-Wonderland aspects of traditional Chinese and Japanese gardens, the jazz-like syncopations of Modernism, [and] the Romantic belief that wild landscapes touch something in individuals." (His words, not mine.)

If the photos here don't capture the feeling, for gosh sakes, just go there!



\* \* \*

## DUPLICATE BRIDGE CLUB TOURNAMENT RESULTS

By Shirley Kesselman

Sandra and Clifford Wohlberg won the Club Champion tournament held by the Heritage Hills Duplicate Bridge Club on Monday, August 14. They have been playing bridge together for 20 years but came together as a team to the Club just three years ago.

Twenty-four pairs competed in this quarterly tournament. Sandra attributes this victory to "good communication and the fact that Cliff played most of the hands."



## IT TAKES A VILLAGE

By Susan Statkowski-Rivalsi

Mid-afternoon, the day after one of our major water main breaks, Kiel W. posted the following on the Heritage Hills Family Network Facebook page:

If anyone still does not have water or a way to pick it up, please call or text me at [phone number]. I'm purchasing cases of bottled water and will be happy to deliver them free of charge to shut-in neighbors.

\* \* \*

## THE PATH TO DOOM FROM ARTIFICIAL INTELLIGENCE

By Stan Herz Pearlman

Several months ago, this Newsletter published a poem written in seconds using Artificial Intelligence ("AI"). The program employed was ChatGPT. The poem's insightfulness created quite a stir and was discussed at the Monday Morning Discussion Group. Since then, the dangers that AI poses have regularly appeared in the media. Even the heads of the creating companies admit that they are not too sure how it works. Some say it can lead to doom. The Hollywood actors and writers are on strike because of the drastic dangers AI portends.

Is this a unique inflection point?

I dug up an article from the Harvard Business Review penned in 1960 by Ida Russakoff Hoos, a sociologist addressing a new threatening technology. She writes that "the [computer] is seen as the master of men unless firm government control or a workers' revolt intervenes." In summary, she concludes, this is leading to workforce disruption. "Data could be processed quickly, records could be kept centrally, reducing the need for branch-level paperwork. As a result, workers have been transferred, downgraded, or ultimately dismissed."

So going back to 1960, the same fears existed with the onset of computer technology as does currently with Artificial Intelligence. But in 2023, 63 years later, despite the dismal outlook of Hoos, instead of mass layoffs, we have a serious labor shortage.

However, there is a caveat. Several months ago a New York lawyer cited fake cases generated by ChatGPT in a legal brief. The attorney wrote in an affidavit that he consulted the AI program to supplement his legal research. However, the judge wrote in an early May Order regarding the filing that "six of the submitted cases appear to be bogus judicial decisions with bogus quotes and bogus internal citations." The lawyer acknowledged that his AI source for the legal opinions "has revealed itself to be unreliable."

The apparent inference we can draw from Hoos over six decades ago is that Artificial Intelligence is nothing to fear. It will all work out over time. But like the cited court cases, does Hoos even really exist? Or is this just a bad AI joke lulling us into false comfort while we are all doomed?

## THE YEAR OF THE ROBIN

By Karl Milde

Last year was the year of the chipmunk. And before that the year of the deer. For me, this has been the year of the robin. You see robins everywhere. They land on the lawn and stop still, head erect. They take a few quick steps forward then stop still again, listening for worms and beetles in the ground. After several tries without success, they fly away.



Robins don't appear to be noticing you as you watch them. You think they're focused on catching a worm. Not so! They keep a steady eye on you while they listen for worms. The moment you reach for your camera, they take to the air. Try getting a good close-up without a telephoto lens. You can't!

The robin, my favorite bird, is built to fly at high speeds – 20 to 35mph – for long distances – up to 200 miles – without stopping. Every spring, they arrive after flying north from as far away as Mexico. Once here, they spend their time furiously finding mates, building nests, and raising their families. All the while they look for food, finding berries in early March and looking for worms, beetles, and spiders from April to September.

The female robins lay blue eggs, usually a "clutch" of three to five eggs, then sit on them, day and night to incubate them with their constant body temperature for the two weeks it takes them to hatch. They don't start sitting until all their eggs are laid so their baby chicks will hatch at about the same time. When their young are finally out of their nests, they fatten up before starting off on their long treks south, which will happen soon.

If there were a bird contest, I'd vote for the robin as the "Bird of Heritage Hills."

\* \* \*

## I DISCOVERED TWILIGHT LIVE

By Susan Statkowski-Rivalsi

I confess...I'm a "Closet Meteorologist." For me, there's nothing as exciting as violent lightning and thunder storms or blizzards. Yes... I'm glued to the Weather Channel when hurricanes form. That being the case, I was thrilled to discover that channel's *Twilight Live*.

From 5 to 6 am, Monday through Friday, using satellite images mostly of North America, it provides incredible information – lightning strikes, rain, wind direction, cloud cover, moisture level, jet stream activity, water temperatures, etc. One eye-opener for me is a world map showing earthquake activity during the last 24 hours. That first morning, I learned there had been about a dozen of them worldwide – yes, a dozen – including three right here in the United States!

Thanks to my DVR capability, *Twilight Live* is now recorded daily.



## SUSAN RAY, CO-PRESIDENT, SHAKESPEARE CLUB

*Text and photo by Shirley Kesselman*

Susan Ray with her husband, Cliff, came to live at Heritage Hills eight years ago from Mount Kisco where they resided for over 45 years. They decided to leave because their two grown children no longer lived with them, and their large house was taking too much effort to comfortably maintain. Although Susan had heard about Heritage Hills, she had never been here. Once she made it known that she was considering moving, a Heritage Hills friend invited her to visit.



Susan wanted to stay in Westchester where she was still working and where she had many connections. The Rays looked for and found a “no steps” condo here that they liked and bought it. Now widowed, Susan says, “I am very grateful for the many new friends I have made here.”

Susan was born and raised in Brooklyn. She has a Bachelor of Arts degree in English Literature from the University of Michigan. For 35 years she worked as an office manager for a small law firm where she was also in charge of the library. Five years ago she retired.

Reading, theater, and travel are Susan’s passions. She reads approximately 35 books a year, including 12 for a book club. “For many years I attended Broadway shows frequently,” she says. Since the pandemic she mostly goes to nearby productions at the School House Theater in Croton Falls, the Whippoorwill Theater in Armonk’s library, and Purchase College, for example. She has travelled extensively. Her most recent trip was to Israel which she rates as a favorite along with Australia and China.

Shakespeare’s work always had great appeal to Susan, so it was natural that she joined our Shakespeare Club upon retirement. Now she is Co-chair of the Club with Margaret Howlett. The Club meets every Tuesday from 10 to 11:30 am year-round in the Activities Center. The meetings are Zoomed, so that anyone who can’t attend in person can participate. There is no requirement for joining this group and there are no dues.

Before beginning to read a play, the group watches a filmed production. Each play usually takes three sessions to read, while discussing dialog and ideas presented. The play that will be read subsequently is decided jointly by members of the Club.

Anyone who likes Shakespeare or is curious about his work is welcome. To join, call Susan at 914-391-6686 or Margaret Howlett at 973-746-7816.

\* \* \*

## MEET YOUR NEIGHBOR - FRANCES BREGMAN SCHULTZBERG

*Text and art photos by Karl Milde*

One of the many true artists in our midst is Frances Bregman Schultzberg, but you can call her “Fran.” She’s the real deal when it comes to easel painting, pottery, sculpture, metalsmithing, jewelry fabrication, and woodworking. She does it all.



*By Margie Forrest*

Fran grew up and attended high school in Philadelphia and received her BS in Decorative Arts from Empire State College University after marrying Alvin Schultzberg, her mate for life. From Philly, they emigrated to Rockland County, then to North Carolina, and finally to Westchester County, sharing their lives together for 53 years. Their children, with their own adventures and their two grandchildren, added excitement to the mix.



During this time, as their lives were unfolding, Fran spent forty years exploring and developing her techniques and skills in the arts and in crafts while teaching others to do the same. In each place she called home, Fran taught at art centers and nursing homes, the latter before they even thought of these activities for the elderly. While working at the Hebrew Home for the Aged in Riverdale, Fran produced a great number of small shows for the residents

and their visitors. She also increased the home’s art collection from a valuation of \$1 million to \$2.5 million.

Fran was the first woman to be awarded a fellowship in metalsmithing at The Jewish Museum, studying under Moshe Zabari. Other awards include the Mary Clark Memorial Award for sculpture from the Mamaroneck Artists Guild, and – for four years running – she received the Best-in-Show award for a variety of artwork media from the Durham (North Carolina) Arts Guild. Fran also organized The Collection in Fearington Village, North Carolina, now in its 35th year. She is currently the curator of art at the Bailey House on Route 100 across from the Elephant Hotel.



Fran and Alvin brought their publishing company, Town House Press, to Somers when they moved to Heritage Hills in 2006, and at the Activities Center taught jewelry classes for thirteen years, followed by classes in poured acrylics. She’s a member of the Art Show Committee, and demonstrates the poured acrylics technique at the show each year. She will soon be offering free classes in painting as part of the Van Tassel House Senior Program here in Somers.

\* \* \*

## THE MANY BENEFITS TO TELLING OUR STORIES

*Text and photo by Alan D. Bergman*

Bringing our own or a loved one's life stories, memories, and past to the forefront yields many significant, valuable benefits, both from a health standpoint and for family connectivity purposes. This becomes especially true as our population ages and lives longer, and seniors subsequently comprise a greater percentage of our total number.

Although nine out of ten of us would deny having a very compelling life story, the truth is that when our past pours forth from our lips, the tales often become engaging and even riveting. From my vantage point as a biographer and personal historian, I have yet to meet any adult without an interesting life story to share.

From strictly a health standpoint, recalling our past and committing it to paper for one's self or for public or private publication serves as a catalyst for stimulating our mind muscle. Mental health professionals increasingly use storytelling as a tool to preserve and even improve their patients's cognitive brain functions.

Recent studies have shown that, especially for seniors, digging deep to share memories has these health benefits, among others:

- Writing or speaking about the past flexes our brain's cognitive muscles and may slow the progression of memory diminishment and cognitive decline.
- Our speech, language, and writing skills generated within the brain are activated and engaged, motivating us to "reach" for vocabulary and specific terms to express ourselves adequately.
- Recalling stories, orally or in writing, is an excellent therapeutic practice as it provides the opportunity to understand better emotional, stressful, or painful situations that had occurred.
- Bringing forth highlights and experiences from our past on a daily basis provides both structure and routine – a type of daily exercise for our brain and cognitive abilities.

The sad truth is that we all have expiration dates, and not sharing our family histories and life stories can easily mean this information becomes forever lost.



*Three generations: the author's niece, sister, and mother (2004).*

Passing our stories forward helps our children and grandchildren better understand where they came from and what their place is within family history. Research conducted by psychologists at Emory University found that children who possess a basic knowledge of their family history appear to enjoy better emotional health.

Talk show host, actress, and philanthropist Oprah Winfrey has acknowledged the importance of capturing and saving our life stories, saying, "I urge you to pursue preserving your personal history to allow your children and grandchildren to know who you were as a child and what your hopes and dreams were."



*By Caroline Doorley.  
(See ON THE COVER on page 3.)*

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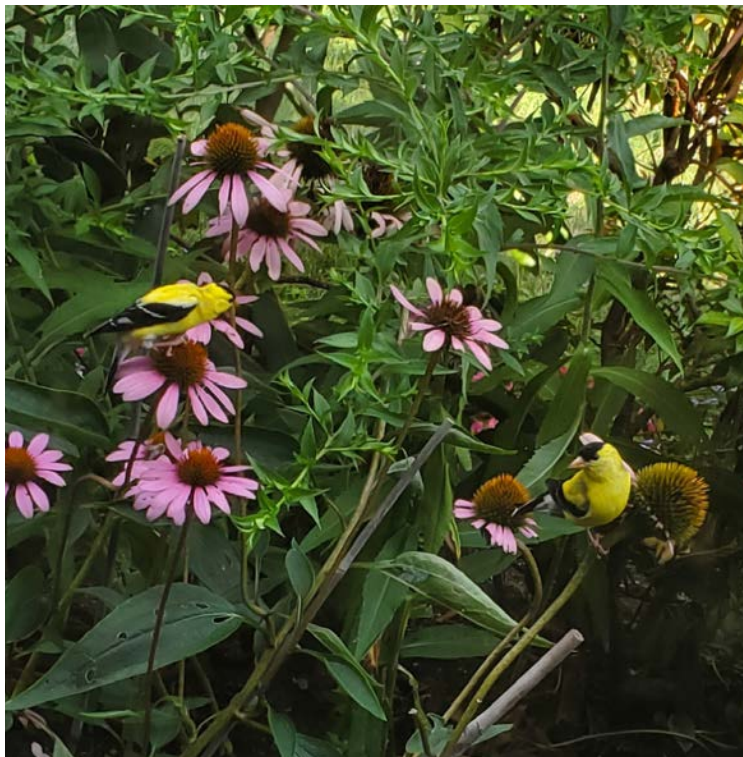


## FRIENDS AND NEIGHBORS

*Poem by Adelaide B. Shaw*

crows  
 calling crows  
 calling up sunrise  
 out of birdseed  
 the last slice of bread  
 tossed outside  
     the bulging cheeks  
     of a fat squirrel  
 feuding juncos  
 a blue jay  
 clears the feeder  
 shorter days  
 and colder nights  
 a scarlet tanager  
     just passing through  
     on his way south  
 migrating geese  
 announcing their good-byes  
 the sound of autumn

\* \* \*



*By Cindy Kennedy*

## HAIKU FOR SEPTEMBER

*Text and verse by Sue Shea*



This month, neither here nor there  
 Days of summer, days of fall  
 And colors of both.

\* \* \*

## PAPERS, PAPERS EVERYWHERE

*By William A. Colavito*

Papers, papers in my house,  
     what a messy, frightful sight,  
 Papers, papers everywhere,  
     piles reaching towering heights,

Newspapers, calendars, magazines,  
     posters, bills, charity mail and more,  
 Reading all, what a  
     painful, dreadful chore,

Many papers, to be read,  
     Even scattered on my bed,  
 Some on pillows near my head,  
     Silent messages yet unsaid.

Papers which should all be shred,

Including arrows and feathers from Indian Nations,  
     Requesting I increase donations,  
 Papers taking so much space,  
     Once removed, others quickly take their place,

Papers gently clipped to walls,  
     Each deciding when to fall,

Paper demons in my home,  
     Causing papers there to roam,

Even papers with my poems,

Please recycle, go online,  
     Extend to trees their earthly times.



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## DOGS ON THE BUS?

By Stan Herz Pearlman

Heritage Hills has dogs. Lots of dogs. Heritage Hills has buses. Lots of empty seats. Now a novel idea from Alaska puts them together for a potential financial opportunity.

As reported by the *Washington Post* in January, Mo and Lee Thompson, a young couple in Skagway, Alaska, north of Juneau, started a dog walking and doggie care business called *Mo Mountain Mutts*. What makes the venture so unusual is that a small bus (similar to those at Heritage Hills) makes rounds and picks up their charges sans owners. The canine riders wait along the road and happily hop in when the bus doors open.

According to the newspaper, "Once entering the bus, the dogs typically sniff around and greet the others before climbing onto their assigned seats – which the business owners have trained them to do. Then, their harness gets secured, and the same process is repeated as the rest of the pack, about 12 dogs, is picked up. The seats are carefully selected based on factors such as a pup's personality, age, and manners. Most dogs head directly to their designated seat without being guided."

This concept can be adapted to Heritage Hills. This expansion would be a money-making service. Dog owners *are* tempted to spend more on their pet enjoyment than on themselves.

Here's how I envision it: A vetted nearby pet care facility would pay for the twice daily bus runs. This will be like such businesses already common in the Big Apple, where the pets can play all day long with their newfound friends and eat hearty meals while the "parents" can enjoy free time without being tied to a "potty" schedule. This would bring in increased customers for the pet care facility, and the Society would benefit from the vehicles bringing in their own revenue stream rather than just being an expense item.

This is how it would operate: First, the bus will have a window sign announcing "Dogs Only." This will prevent unaware residents from climbing aboard, only to have their neighbor's dog already occupying their favorite seat. Immediately after the last morning bus to the train station, the dog run would operate, prior to shopping trip runs. Similarly, just before the first evening MetroNorth station pickup, the dog run would travel its reverse route, dropping the pets off at their owners' Condo units.

There is only one downside. After the canine bus runs, residents will have to check their seats carefully before sitting down.



To see videos posted online, Google *Mo Mountain Mutts*.

## WATER WISDOM

By Susan Statkowski-Rivalsi

So you're thirsty and go to get a drink.

Are you really going to go to the sink?

You think that's the appropriate scene...

think it's okay to drink *chlorine*!?!?

That chemical does some good jobs, it's true.

Water in pipes won't grow bad stuff – ewwww.

And for cleaning and bathing, it's fine, I say

But going *into* my body is *not* okay.

For cooking? You're kidding. That's not for me.

You eat *Pasta a la Chlorine*? Seriously?

Veggies steamed with chlorine? Does that sound good?

Why would *anyone* eat chlorinated food?

For two decades now there has been no room

for chlorine in stuff that I consume.

And filtering my water I find a small cost,

knowing there's savings to balance that loss.

I use fewer coffee beans, less sugar, spices, salt.

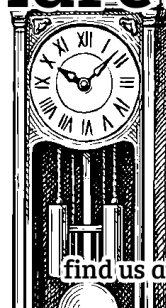
With tap water, *more* are used, and that is *chlorine's* fault.

Nope...foods that I prepare are not chlorine-infused.

*Everything* tastes better when tap water isn't used.

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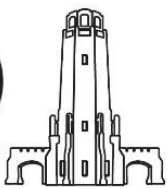
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## THE BOOK SHELF

By Cindy Kennedy

Colson Whitehead's new crime caper, *Crook Manifesto*, is the much-anticipated sequel to his bestselling novel, *Harlem Shuffle*. Once again, Harlem furniture salesman Ray Carney takes center stage.

*Crook Manifesto* begins in 1971, a few years after *Harlem Shuffle* leaves off. Ray Carney, proprietor of Carney's Furniture on 125th Street, has been on the "straight and narrow for four years of honest and rewarding work in home furnishings." In his youth, Ray, the son of the late Big Mike Carney, a Harlem hoodlum, was caught up in his father's shady dealings. Now a solid family man, Ray and his wife Elizabeth reside in Strivers' Row, an elegant section of Harlem, with their two kids, John and May.

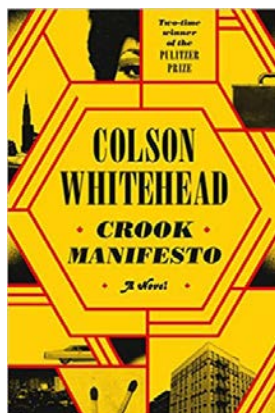
Anyone who lived in New York City in the grimy 1970s will appreciate Whitehead's atmospheric rendering of the City in crisis – sanitation strikes, graffiti, muggings. And those sirens: "Business, orderly business, unfolded inside the walls of Carney's Furniture, but out on the street it was Harlem rules: rowdy, unpredictable. The sirens zipped up and down the avenues as regularly as subway trains, all hours, per calamity's timetable."

Ray's days of respectability, alas, were numbered when the Jackson 5 were booked in Madison Square Garden. His teenage daughter May had her heart set on going, but no tickets were available. Ray called a contact with dubious connections. And just like that, Ray Carney unwittingly was pulled back into the game.

Several characters return in *Crook Manifesto*, including corrupt Detective Munson and actress Lucinda Cole. It's Pepper – Big Mike's former crime crony – however, who steals every scene. Pepper, "a six-foot frown molded by black magic into human form," is a frequent guest at the Carney home, where the kids call him Uncle Pepper. He disapproves of places with only one way out, and his personal code demands that he "doesn't work with dopeheads and never knocks over a bank on a Tuesday." As Pepper tells a client, "A man has a hierarchy of crime, of what is morally acceptable and what is not, a crook manifesto."

Reflective of the turbulent 1970s, *Crook Manifesto* is grittier and more violent than *Harlem Shuffle*. While Whitehead's searing social satire may not appeal to everyone, fans of his masterful storytelling (including this reviewer) eagerly await the trilogy's final novel, which will depict Ray Carney in the 1980s. "Harlem was the same place it had always been," Pepper muses near the end of *Crook Manifesto*. "It's the people who come and go, and the buildings. But Harlem never budges."

(Note: *Crook Manifesto* is part of Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, please see page 9.)



## HOW DOES YOUR GARDEN GROW?

### HOME CANNING 101

Text by Karl Milde, photos by Cheryl Milde

When my sister and I were young our mother would bring us to a place near our house where wild blueberries grew. We worked there for hours picking blueberries and, when our pots were finally filled, we went home and all worked together canning blueberry preserves. Mother showed us the complicated process: sterilizing the Mason jars, cooking the blueberries, adding pectin and sugar, loading the jars then topping them off with liquid paraffin, and letting them cool.



Fast forward to the present day with my strawberry patch in the Community Garden. Last June, when the strawberries ripened, I set about making strawberry jam. I bought a copy of the USDA's *The Complete Guide to Home Canning*, which devotes a whole chapter to "Preparing and Canning Jams and Jellies." It brought back fond memories of canning blueberries with my mother.



Next, I assembled all the paraphernalia I needed: a Dutch oven for the initial cooking, a large 12 inch pot with a bottom rack for jar sterilization, twelve canning jars with lids, a large ladle, and one small box of pectin. (There's no need for paraffin these days, as the jar caps vacuum seal themselves as the jam cools.)

Following the instructions exactly, I sterilized the jars; heated the mixture of strawberries, sugar, and pectin in the Dutch oven for the prescribed length of time; ladled the mixture into the jars; sealed them and let them cool. As a final step, I designed a label for my jars, printed them out on self-sticky paper, and applied them to the jars when they cooled.

Now came the best part: I made the rounds to my family and friends and gave them each a jar of jam. Needless to say, I kept a few for myself.







Submitted by Elizabeth Royston

Janet and Henry Giewat, MaryJo Nowell, and Louise Squitieri were the enterprising chefs who prepared the following dishes for the Culinary Club July dinner. The recipes were chosen to be sent to the Newsletter by the group for their delicious flavors – great for summer and fall.

## BRAISED PULLED PORK SHOULDER WITH BARBECUE SAUCE

### INGREDIENTS

Potato buns

#### Pulled Pork

8 to 10 pounds bone-in Boston butt pork shoulder

3 tablespoons packed light-brown sugar

Coarse salt and freshly ground black pepper

2 teaspoons paprika

1/2 teaspoon dry mustard

1/2 teaspoon ground cumin

2 tablespoons vegetable oil

#### Barbecue Sauce

1 tablespoon olive oil

1 small onion, finely chopped

4 garlic cloves, minced

1 tablespoon dry mustard powder

3 tablespoons light-brown sugar

2 cups ketchup

1/3 cup Worcestershire sauce

1/3 cup cider vinegar

1 tablespoon molasses

1/4 teaspoon ground black pepper

### PREPARATION

#### Pork

1. Place pork on a large parchment-lined baking sheet.
2. In a small bowl, combine brown sugar, 1 tablespoon salt, 1 teaspoon black pepper, paprika, dry mustard, and cumin.
3. Rub pork with spice mixture, being sure to cover all sides.
4. Cover and refrigerate for at least 2 hours, preferably overnight.
5. Preheat oven to 325 degrees.
6. Remove pork from refrigerator and bring to room temperature, about 30 minutes and pat dry with paper towels.
7. Heat a large Dutch oven over medium high heat and add vegetable oil. Add pork and sear, turning, until golden brown all over – about 4 minutes per side.
8. Add 2 cups water to Dutch-oven and position pork fat-side up, cover, and cook until meat shreds easily with two forks – 5 to 6 hours. Baste with pan juices every hour.
9. When cooked, remove from Dutch-oven and shred meat with two forks. Serve with potato buns and barbecue sauce.

#### Barbecue Sauce

1. In a medium saucepan, heat oil over medium heat.
2. Add onion and garlic and cook, stirring occasionally, until translucent – about 5 minutes.
3. Stir in dry mustard powder and cook 30 for seconds.
4. Reduce heat to medium-low; stir in sugar, ketchup, Worcestershire, vinegar, molasses, and black pepper; and cook, stirring occasionally, until thickened – 5 to 10 minutes.

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Source: OKMLS, 1/1/2023 – 7/31/2023, Condominiums, total volume sold by office, city/town Somers

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**Exterior & interior painting, drywall install/repair, power wash decks.**  
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**Presently serving Heritage Hills**

**WANTED TO BUY** Costume Jewelry, Handbags, Watches, Religious Medals, Cufflinks, Perfume, Vintage Clothing, Powder Compacts, Sterling Silver, Coins, Books, Furs....**Cash Paid....Call Carol.... (914) 261-6464**

**Seeking Live-On Premises Position as Home Mgr & Personal Assist:**  
 Mature Columbia Univ alum seeks live-in/live-on premises position handling administrative tasks, light-duty household chores, scheduling contractors and medical appointments, shopping, some cooking and other duties. Excellent references. Salary to be discussed. Call Thomas 914-621-2703



**R-EXTERMINATOR – If it bugs you I can help!**  
**Ronnie Mosia – 914-216-1113 - Resident of Heritage Hills**  
Ants, rats, mice, bees, roaches, crickets, beetles  
Over 35 years of experience!

**English Speaking /Responsible, Reliable Young Woman**  
Seeking Employment to Care for the Sick or Elderly, lives in  
Heritage Hills, has own car. Please call Sandy at **914-573-6090**.

**CERTIFIED HOME HEALTH AIDE**, seeking employment as a caregiver.  
8+ years experience, diligent, caring and tenacious. Referrals on request.  
**Stephine (347) 859 9237, 508-332-0072**

**CAREGIVER POSITION:** Looking for reliable, friendly, capable,  
trustworthy woman to care for my Mom 91 in Somers. This would be a  
live in position but only when I am away. Assist in bathroom, etc... will  
discuss with you once we meet. If interested please call: **Elena Hartz**  
**914-469-5077**.

**BBQ GRILL CLEANINGS:** Start with a completely clean  
& safe grill. 40+ years experience cleaning and servicing BBQ's.  
**Guaranteed results. Call for Heritage Hills special pricing**  
**914-588-6811**

**CAT SITTER:** Need someone to come to your home and take care of  
your 4-legged companion(s) while you're away? HH resident with  
40+ years of cat experience can help you!  
**Call/Text Jackie at 917-596-3690.**

**CAR DETAILING SPECIAL - I COME TO YOU!**  
**TLC provided inside and out - YOUR CAR WILL LOOK BRAND NEW!**  
**\$80.00 - CALL/TEXT MATT at 203-501-9621**

**Coin collector, life long, living in Heritage Hills,**  
**paying legitimate cash value based on date/condition.**  
**Call for quote; Phil 914-762-6695.**

**Stunning Barnegat Bay view weekly rental for 2-4 couples for**  
**Fall '23 or for 12 people for Summer '24. With inground salt water**  
**pool. Website "vrlbi" #2763. 914-424-8169.**

**HANDS-ON-WELLNESS!!! Massage Therapy:**  
**Susan Hintze, Licensed Massage Therapist**  
**(914) 582-7699 - Somers**

**Childcare Available –** Heritage mom available for after school  
childcare and weekends. CPR certified. Comfortable with pets.  
**References available. Call/Text Kim (914) 393-3203.**

**CAREGIVING IN EXCHANGE FOR REDUCED RENT:** Woman with  
2 children (ages 13 and 16) seeking place to live. Can provide  
transportation (shopping and small errands) in exchange for reduced  
rent. **Contact Sarah at 917-982-6996**

**Medical supplies and personal supplies for the sick or the elderly**  
**right here in heritage hills. No need to go elsewhere.....includes**  
bed pads, bed linings disposable, walkers, canes, wheelchairs, bed rails,  
either to sell / rent. **Please give Sandy a call 914-573-6090.**

**CECILIA LOPEZ PROFESSIONAL HOUSE CLEANING SERVICES**  
Serving Somers Heritage Hills for 20 years. Reliable • Free Estimates.  
**Call Cecilia 845-612-3929 or 845-279-3627**

**Elderly care giver companion. Available Mon-Fri, Part/Full Time.**  
Can cook, drive for outings, shopping and appointments.  
20+ years experience, with references. **Alice Tel. 914-393-8135**

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unpacking your new home. We design safe and effective organizing  
systems to make life easier. **Yay!**  
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**Call Ann or Bill Harden**  
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Special offer applies to purchase of same Miracle-Ear make and model hearing aid. 50% discount applies only when first aid is purchased at regular list price. Valid at participating Miracle-Ear locations only. Limit one coupon per purchase. May not be combined with other offers and does not apply to prior sales. Offer valid on Level 5, 4, 3, 2 Solutions. Cash value 1/20 cent. See store for details.

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. \*Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. \*\*If you are not completely satisfied, the aids may be returned to the store of purchase for a full refund within 45 days of the completion of fitting, in satisfactory condition as determined by Miracle-Ear. Fitting fees may apply. See store for details. †Limited warranty, see store or [miracle-ear.com/warranty](http://miracle-ear.com/warranty) for details. Not valid on Level 1 Solutions. ††Cleanings and in-office service are always free. See store for details.





**MARTHA "MARTI" LOWENFELD**

Real Estate Associate Broker Broker, CRS, SRES

Cell: 914-420-1850 Home: 914-277-4350

email: [mlowenfeld@houlihanlawrence.com](mailto:mlowenfeld@houlihanlawrence.com)

**Total units sold by OneKey/HGAR MLS agents from 1/1/2023 to 8/10/2023**

	2023	2022	2021	2020
<b>TOTAL SOLD</b>	<b>66</b> (\$320,000-\$810,000)	<b>102</b> (\$276,000-\$875,000)	<b>74</b> (\$275,000-\$725,000)	<b>57</b> (\$227,500-\$670,000)

**Various units sold by MLS agents from January 1 to August 10, 2023**

**1 BEDROOM**

FRANKLIN	\$350,000; \$340,000	GUILFORD	\$370,000; \$425,000; \$437,000; \$440,000; \$462,500	RADCLIFFE	\$540,000; \$499,000; \$550,000
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**2 BEDROOM**

ARMONK	\$640,000; \$429,900; \$530,000; \$590,000	HARVARD	\$720,000; \$730,000; \$739,000	RIDGEFIELD	\$455,000
COLGATE	\$475,000; \$549,000	JACKSON	\$374,000	SALEM	\$610,000; \$485,000
CONCORD	\$450,000	KATONAH	\$499,000; \$415,000	STRATFORD	\$450,000; \$455,000; \$750,000; \$649,000;
FAIRVIEW	\$500,000	KENT	\$532,500; \$500,000		\$555,000; \$600,000;
HAMILTON	\$320,000; \$350,000	LINCOLN	\$376,000		\$670,000; \$555,000
HANOVER	\$577,500	MONROE	\$440,000; \$445,000	STRATFORD II	\$675,000;
		PUTNAM	\$439,000; \$450,000	SYRACUSE	\$649,000
				WELLSLEY	\$485,000

**3 BEDROOM**

COLUMBIA	\$810,000	CROTON II	\$680,000; \$680,000; \$760,000	SHERMAN I	\$715,000; \$700,000; \$612,500; \$740,000;
CROTON I	\$650,000; \$687,500; \$675,000 ; \$685,000	JEFFERSON	\$580,000; \$610,000		\$730,000; \$754,000
				YORK	\$550,000

**STILL A GREAT TIME TO SELL**

Our low inventory and the number of people looking to live in Heritage still shows that the demand for homes in our community is very high. Most units that are listed and are in good condition will receive multiple offers. They go into contract quickly and close when it is convenient for both the seller and buyer.

**I love what I do** and along with many other Realtors have buyers who want to live here. If you or anyone you know is thinking of selling, please do not hesitate to contact me. I would be happy to provide you or them with a comparative market analysis (CMA) and answer any questions about sales for a particular model. Please feel free to call my **cell phone** at 914-420-1850 or text or send an **email** to [mlowenfeld@houlihanlawrence.com](mailto:mlowenfeld@houlihanlawrence.com)

**Thank you,  
Marti**

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- Nutritional analysis and 3D body scan from our Functional Nutritionist
- Weight loss machine treatments. May include any of the game-changing Emerald Laser, Ultimate Contour, or Contour Light machines.
- Functional nutrition-only program also available

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